

April 7, 2020

St. Louis County Department of Public Health COVID-19 Update

Food Need

The St. Louis County Department of Human Services (DHS) is aware of the food needs of the region that COVID-19 has amplified, especially as other providers are limited in what they can offer and the duration they can do so. DHS is working with many partners throughout the region, including the Regional Response Team, school districts, and Food Bank. DHS is evaluating the best options available to provide the uninterrupted, equitable distribution of food for those in need.

St. Louis County Library and Operation Food Search has been providing drive-thru food pick-up for children since March 30th. Participating branches are providing two shelf-stable breakfasts and two lunches on Monday, Wednesday, and Friday, while supplies last. Further information can be found here: <https://www.slcl.org/drive-thru-meals>

An additional list of food resources can be found here: <https://stlouisco.com/Your-Government/County-Executive/COVID-19/COVID-19-Resources>

Mental Health During a Pandemic

Everyone reacts differently to stressful situations. Fear and anxiety caused by this pandemic can be overwhelming and cause strong emotions in adults and children. How someone responds to the outbreak can depend on their background, the things that make them different from other people, and the community they live in. That stress can be displayed in the following ways:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

If someone is feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like they might want to harm themselves or others, contact one of the following:

- Call 911
- Contact Behavioral Health Response (BHR): 314-469-6644 (immediate access to a counselor or social worker, free of charge)
- Mid-Missouri Crisis Line: Text "HAND" to 839863
- Disaster Distress Help Line: 1-800-985-5990, or text "TalkWithUs" to 66746
- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or visit www.suicidepreventionlifeline.org

Contact Information

The Missouri Department of Health and Senior Services hotline can be reached at (877)435-8411.

St. Louis County has created a website dedicated to the dissemination of information relating to COVID-19, www.stlcorona.com. Please visit that website or those belonging to the Center for Disease Control (CDC) or the World Health Organization (WHO) for the most current and reputable information.



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